



DELI Menu

4001 S. LAMAR, AUSTIN TX 78704
512-814-2888

DELI HOURS: 7:30AM-9PM DAILY

WWW.WHEATSVILLE.COOP

WE Cater! Email catering@wheatsville.coop

Allow 48 hours lead time for all catering orders.

Espresso ORGANIC AND FAIR-TRADE

All espresso beverages available iced or decaf.
No extra charge for rice, coconut, almond or organic soy milk.

	12oz	16oz	20oz
• WHEATSVILLAIN	\$2.50	\$3.00	\$3.50
• CAPPUCCINO	\$2.75	\$3.25	\$3.75
• LATTE	\$3.00	\$3.50	\$4.00
• MOCHA	\$3.50	\$4.00	\$4.50
• HOT CHOCOLATE	\$2.50	\$3.00	\$3.50
	SINGLE	DOUBLE	
• ESPRESSO	\$1.50	\$2.00	
• AMERICANO	\$1.50	\$2.00	
• MACCHIATTO	\$2.00	\$2.50	

Specialty Beverages

BUTTER COFFEE

Organic fair-trade coffee blended with grass-fed butter and MCT oil

12 oz. \$4.00 16 oz. \$4.50 20 oz. \$5.00

MATCHA LATTE

Matcha green tea powder steamed with your choice of milk

12 oz. \$4.00 16 oz. \$4.50 20 oz. \$5.00

GOLDEN MILK

Gaia golden milk powder (turmeric, dates, and herbs) steamed with your choice of milk

12 oz. \$3.00 16 oz. \$3.50 20 oz. \$4.00

EXTRA SHOT – 50¢

Add WHIPPED CREAM – 60¢

SYRUPS – 50¢

- Organic vanilla
- Organic hazelnut
- Chocolate
- Caramel
- Organic raspberry
- SUGAR FREE vanilla

COFFEE BOOSTS

Golden milk powder \$1

HempFusion 3.0 CBD supplement \$2

Vital Proteins collagen peptides \$2

Self Serve Beverages

• ORGANIC FAIR TRADE COFFEE	12oz \$1.79	16oz \$1.99	20oz \$2.29
		16oz	24oz
• ICED ORGANIC COFFEE TODDY		\$2.79	\$3.79
• ICED ORGANIC BLACK TEA		\$1.99	\$2.79
• HOUSE MADE BUBBLER BEVERAGES		\$1.99	\$2.79
• SEASONAL COLD BEVERAGES		\$1.99	\$2.79

Breakfast Served 7:30–11am (noon on weekends)

CHOOSE Ingredients:

- Potatoes
- Cage-free eggs
- Boar's Head bacon
- Cheese
- Organic rice
- Organic black beans
- Vegan sausage
- Refried beans
- Sautéed onions & peppers

Breakfast Tacos

CHOOSE Tortilla:

- Corn
- El Milagro White Flour
- El Milagro Wheat Flour

CHOOSE Salsa:

- Casera
- Tomatillo Fire
- Pico de Gallo
- Featured Salsa

TACO with:

- | | |
|---------------|--------|
| 2 ingredients | \$1.99 |
| 3 ingredients | \$2.49 |
| 4 ingredients | \$2.79 |

Breakfast Sandwiches

All breakfast sandwiches come with cage-free eggs, sharp white cheddar on Bakehouse rustic roll.

Egg and cheese	\$3.99
Egg and cheese with Boar's Head bacon	\$4.49
Egg and cheese with Boar's Head ham	\$4.99
Egg and cheese with avocado and tomato	\$4.99

Signature Sandwiches

- V POPCORN TOFU PO'BOY** \$6.99
Bakehouse French roll, with housemade cashew tamari dressing and all the veggies.
- V BUFFALO POPCORN TOFU HERO** \$6.99
Bakehouse French roll, with housemade vegan blue cheese dressing and all the veggies.
- V VEGGIE AVOCADO DELUXE** \$5.99
Bakehouse rustic roll, with vegenaïse, all the veggies and half an avocado.
- GARDEN BAGEL** \$4.99
Local Rockstar bagel, with cream cheese and your choice of veggies.
- V VEGAN REUBEN** \$8.99
Rye bread, with housemade marinated seitan, sauerkraut, vegan smoked Gouda cheese, and vegan 1000 Island dressing
- V VEGAN BBQ TOFU BANH MI** \$7.99
Bakehouse baguette, with Mongolian BBQ tofu, vegenaïse, pickled carrots and daikon radish.
Jalapeños and cilantro available on request!
- MEDITERRANEAN CHICKEN PITA** \$7.99
Local Phoenicia pita bread, with all-natural grilled chicken, provolone, basil pesto, spring mix, tomatoes, red onions, and cucumbers
- H ITALIAN** \$7.99
Toasted Bakehouse rustic roll, with ham, salami, provolone, lettuce, tomatoes, red onions, and oil and vinegar.
- H BLT/TLT** \$5.99
Toasted Bakehouse sourdough, local no-sugar Pederson's bacon or housemade local tempeh bacon, regular or vegan mayo, lettuce, and tomato.
- H WV TURKEY CLUB** \$7.99
Toasted Bakehouse whole wheat, with turkey, bacon, avocado, chipotle vegenaïse, lettuce, tomato, onion, and sprouts.
- H TUNA MELT** \$6.49
Toasted Bakehouse sourdough, with housemade tuna salad, sharp Cheddar, lettuce, tomatoes, and red onion.
- H CAPRESE** \$6.99
Toasted Bakehouse rustic roll, with fresh mozzarella, basil pesto, tomatoes, red onions, red bell peppers, and oil and vinegar.

Co-op Classic Sandwiches

All Classic Sandwiches are served on

Bakehouse whole wheat or rustic roll and come with: • vine-ripened tomatoes • fresh greenleaf lettuce
• red onion • pickles • organic carrots • local sprouts • cucumbers • mayonnaise (regular or vegan) • deli mustard

GLUTEN FREE BREAD 50¢ EXTRA

V SOUTHERN FRIED TOFU	\$5.99
V MONGOLIAN BBQ BAKED TOFU	\$5.99
TUNA SALAD	\$5.99
CHICKEN SALAD	\$5.99
BOAR'S HEAD	\$6.99
• SMOKED HAM	
• OVEN-ROASTED TURKEY	

Rice and Beans

Organic black beans & brown rice with salsa

small \$1.99 large \$3.49

— Extras: 50¢ each —

• Vine-ripened tomatoes
• Local sprouts
• Organic carrots

• Red onions
• Jalapeños
• Nutritional yeast

—75¢ each—
• Cheese
• Sour cream

• Avocado \$1.00
• Chicken \$1.99
• Beef \$1.99

• Popcorn tofu \$2.99
• Guacamole \$1.50

Burritos

CHOOSE tortilla:

- Local EL Milagro whole wheat flour
- Local EL Milagro organic white flour

CHOOSE filling:

- **V** • Popcorn Tofu with Guacamole (add cheese 75¢) \$7.99
- Seasoned ground beef \$6.99
- Citrus marinated shredded chicken \$6.49
- **V** • Local seasoned tempeh \$6.99
- **V** • Veggie fajitas Seasoned wheat gluten (CONTAINS PEANUTS), grilled onions and peppers \$6.99
- **V** • 78704 Veggie Rice, beans, veggies, grilled onions and peppers, guacamole (add cheese 75¢) \$5.99

CHOOSE Rice:

- Cilantro lime rice
- Organic brown rice

CHOOSE Beans:

- Organic refried pinto beans
- Organic black beans

VEGGIES:

- Tomatoes,
- Greenleaf Lettuce
- Red onion
- Organic carrots
- Local sprouts,
- Jalapeños

CHOOSE Salsa:

- Pico de gallo
- Tomatillo fire
- Casera
- Featured salsa

ADD:

- Sour Cream 75¢
- Guacamole \$1.50

Jacos

Served on your choice of tortilla: • Corn • Organic White Flour • Organic Wheat Flour
Comes with organic rice or cilantro lime rice, cheese, lettuce, organic carrots, local sprouts, tomatoes, onions, jalapeños

and your CHOICE of:

- Organic black beans \$2.79
- Veggie fajitas (seasoned wheat gluten, grilled onions and peppers—CONTAINS PEANUTS) \$2.99
- Local seasoned tempeh \$2.99

ADD Avocado \$1 or Guacamole \$1.50

Frito Pie

Tempeh chili with Fritos, served with cheese, onions and jalapeños \$4.99

Cheesy Fries

Fried potatoes topped with melted Monterey Jack cheese, red onions, and jalapeños \$3.99
Add bacon, sour cream, or tempeh chili: 75¢ each Add avocado \$1.

Smoothies

Made with bananas and your choice of: organic apple juice, fresh orange juice, rice milk, almond milk OR organic soymilk. All fruit—no ice!!

—\$4.99—

• STRAWBERRY

• PEACH

• BLUEBERRY

• PINEAPPLE

• MANGO

• RASPBERRY

ADD INS:

50¢

- Yogurt
- Peanut butter
- Flaxmeal
- Coconut Water
- Local bee pollen
- Acidophilus

\$1.00

- Almond butter
- Chia seeds
- Spinach
- Avocado
- Maca
- Ginger-turmeric-Lemon
- Super Greens: kale & lime juice
- Garden of Life organic MCT oil

\$2.00

- Matcha green tea
- Vital Protein collagen peptides
- PlusCBD cannabidiol supplement
- Local fitpl protein add-ins:
 - Vanilla goji
 - Cocoa blueberry

Specialty Smoothies

GINGER-BERRY

Housemade gingerade, banana and strawberries

\$4.99

BANANA DREAM

Organic soymilk, banana, and pure vanilla extract

\$4.99

SPINACH PINEAPPLE

Fresh orange juice, pineapple, banana, and organic baby spinach

\$5.49

MOCHA MADNESS

Organic fair-trade espresso, chocolate, banana, and your choice of milk

\$5.49

PEACH DAIQUIRI

Peaches, banana, lime juice, and coconut water

\$5.49

BETA BLAST

Fresh OJ, mango, banana, organic carrots and honey

\$5.49

GREEN GOBLIN

Almond milk, peaches, avocado, and organic baby spinach

\$5.99

RESOLUTION

Housemade gingerade, cucumber, banana, organic baby spinach, and organic carrots

\$5.99

BERRY BEET

Strawberries, blueberries, banana, beets, and coconut water

\$5.99

AVOCADO MATCHA

Avocado, banana, orange juice, almond milk, and matcha

\$6.99